

# THREE WEEKS: RESTRICTIONS

## Three Weeks: Restrictions

Forbidden during the Three Weeks :

- Saying she'hecheyanu;
- Shaving;
- Haircuts;
- Listening to music (even recorded);
- Getting married.

## Three Weeks: Moving into New Dwelling

You may move into a new home or apartment, whether owning or renting, during the Three Weeks before Tish'a b'Av. Ideally, you should not move into a new place during the Nine Days but if necessary, it is permitted.

## Three Weeks: Swimming

If you are swimming for:

- Pleasure, you may swim during the Three Weeks but not during the Nine Days.
- Exercise (you don't particularly enjoy swimming or you are not doing it for fun or to cool off), you may be permitted to swim even during the Nine Days. Consult a rabbi.

## Three Weeks: Socializing

Activities for socializing are not prohibited during the Three Weeks before Rosh Chodesh Av (but the activities might be prohibited for other reasons such as if they are dangerous).